Ask for Help

Navy hospitals and clinics offer Tobacco Cessation counseling to help smokers quit for good!

Local Resources

Web Cessation Programs

Quit Tobacco Make Me Proud www.ucanquit2.org

Online Guide To Quitting
www.smokefree.gov/quit-smoking/index.html

American Lung -
www.lungusa.org

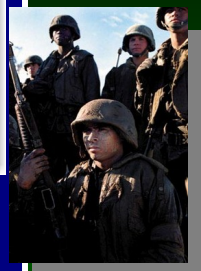
You Can Quit -
www.smokefree.gov

HELPLINE:

Call the national or state help line to speak to a coach!

1-800-QUIT-NOW

Are You Ready To Quit Smoking?..

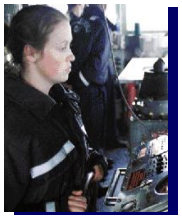
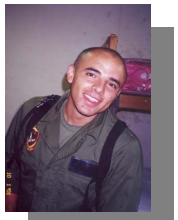


Getting Ready To Quit
Ways to Quit Smoking

Think of all the *Positive* Reasons to quit smoking:

- To improve my appearance!
- To save money!
- To be a good role model!
- To show my independence!
- To improve my health!

What are your your reasons for quitting?

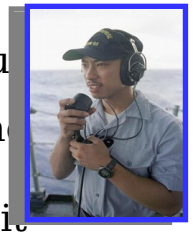



Negative Effects of Smoking

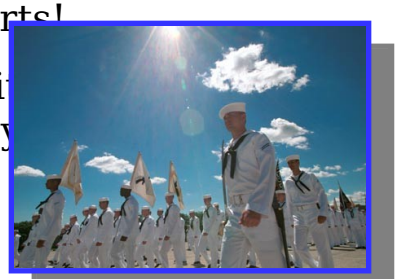
- Cough more often
- Stains my fingers & teeth
- Bad breath
- Makes me look older
- Poor Physical Shape

What are yours?

Make a Commitment



- Make a decision to Qu
- Select a day, within th next couple of weeks, to qui
- Ask your friends, family and co-workers to support your efforts!
- Qui buddy



Join the Club of Millions who have Quit Smoking!

Develop a Plan

- How will I quit
- When will I quit
- How will I successfully cope with urges to smoke?
- How will I deal with withdrawal symptoms?
- How will I manage risky

Tapering

Cutting down and reducing your smoking until the quit day! For example, cutting down from 30 cigarettes daily to 25, then 20 to 15, to 10 then QUITTING!

Go Cold Turkey!

Quit smoking and using all tobacco products on a particular day!

Tips include –

- Staying focused on the reason for quitting.
- Drinking lots of water & juice.
- Keeping occupied and chewing

Medications

There are several medications which help smokers quit! This includes – Nicotine Replacement Therapy (patches and/or gum) and pills (Zyban/Wellbutrin & Chantix) which are one part of a comprehensive treatment program for